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FREE
SEPTEMBER 18, 2014

JACKSON PLAYS IT COOL

Celebs turn out in force for BGC's 9/11 charity day PICTURES PAGES 4-5



★ Samuel L Jackson said he felt like the Wolf of Wall Street. Amanda Holden, right, said she struggled with the maths. But all the celebs who descended on BGC in Canary Wharf landed trades that made a difference to their chosen charity. Pictures / Page 4-5



Theatre and museum earmarked for Park

Spotlight on next steps for cultural quarter

Giles.Broadbent
@wharf.co.uk

An ambitious scheme to create a cultural quarter in east London to rival the South Bank is about to take shape.

The Olympicopolis scheme could see a 600-seat theatre for Sadler's Wells and V&A exhibition space all housed in a single building within four years.

University of the Arts also plans to bring together the London College of Fashion and London College of Communication to the new campus and there is space for a fourth major partner.

Formal briefs will go out in the next few days to design firms to enter a design competition for the cultural hub.

London Legacy Development Corporation chief executive said: "We hope that we will be short-listing a number of [architects] before the end of this year and the practices would then come up with a concept design by March next year."

"We've been in discussion with government about the level of funding for the scheme and we're hoping that those discussions will start to come to fruition this autumn."

Continued on Page 4

SPECIAL FOCUS 16-page Greenwich and Blackheath pull-out inside our new-look Property



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Inside



Invictus Games triumph

Birthday boy Harry crowns glorious event

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Hollywood? Now you're talking...

Comedian Rob Beckett is not short of ambition

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Plus

McDonald's shuts down for 2 years

PAGE 3

**WEATHER****25C** **TODAY**
Mostly sunny**23C** **FRIDAY**
Thunderstorms**23C** **SATURDAY**
Showers**21C** **SUNDAY**
Showers**19C** **MONDAY**
Mostly sunny**TRAVEL**

TUBE & DLR
Jubilee line is closed between Willesden Green and Stanmore on Saturday and between Waterloo and Stanmore on Sunday. The Overground is shut from Highbury & Islington southbound on Saturday and Sunday

ROADS
No problems.

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ESTABLISHED 1998**Agenda**

Why call to confirm a text message?

Why do people still insist on using the telephone? Obviously some things have to be discussed over the phone: cinema bookings, airline customer services.

Wait: I'm getting confused with automated services. That's not talking to someone on the phone, that's impersonating *Close Encounters Of The Third Kind*. Send an email, a tweet, a WhatsApp, a Snapchat. With even most grandparents Skype savvy nowadays real person-to-person talking on the telephone is dead (boring).

I don't get those who still persist.

BLONDE'S EYE VIEW**ANGELA CLARKE**

People who call to "finalise details" of social get-togethers: why? A simple text covers all the basics: date, time, place. Why the need to chat? We're going to do that in the designated time we've set aside anyway.

Those who keep calling display a staggering amount of self-importance. That ringing declares: drop what you're doing in your petty excuse of a life and talk to me!

It's far easier to reply to a text when you're doing something else: in your office, watching a film, visiting the gynaecologist.

Reject a call because you're busy, and you have to fit a return call

into your already packed schedule. Nobody has time for that: they're off drinking with mates who text them: "Parlour tonight? xx."

My heart still skips a beat when my phone rings. Because, apart from the stubborn throwbacks, people only call when it's important.

New job important. Life and death important. PPI insurance claim important. There's one exception: I will call someone rather than messaging when I have a fresh manicure. But then chipped nails are a matter of life or death.

Follow Angela on Twitter: @TheAngelaClarke

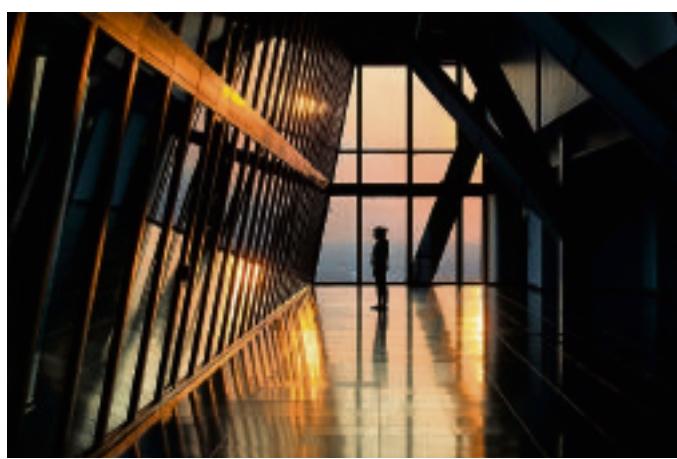
London Eye



Models present creations from the Fashion East collection during the 2015 spring/summer London Fashion Week. Fashion East is a pioneering non-profit initiative established by Lulu Kennedy in the Old Truman Brewery near Brick Lane, east London

Invictus gallery**P78-79**

A woman looks out at the London skyline from an upper floor of the newly complete Leadenhall Building, known as the Cheesegrater, in the City of London. The building stands at 224m high and was designed by Rogers Stirk Harbour + Partners.

**35****Focus**

We head south of the river to check out life in Greenwich

**74****Health**

Laura Williams takes a look at the ultra-trendy TRX apparatus

77**Food**

New landlord of The Vic tells us why his pub is the future



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A little bit of Hong Kong right at home next to 02

REGENERATION

Knight Dragon chief tells **Rob Virtue** why site is a different kind of challenge

It's unusual to have a driving range as part of a major residential scheme.

"It will be 320m long and if you hook the shot you will head towards Canary Wharf - if you slice it you'll be going towards The O2," said Knight Dragon chief executive Richard Margree.

Since the Hong Kong-based firm took overall control of the site last year it has been keen to add headline-grabbing touches to the site that for decades has been wasteland and old warehouses.

A riverside 5km running track and a tree-lined park stretching from near The O2, will join the golf range in the 10,000 home scheme set over 160 acres.

Mr Margree said: "It's so big you can't build it like a traditional development. We're doing it back to front. Building the place and then the development."

The firm bought a 60% share in the Peninsula scheme, initially run by Lend Lease and Quintain

320m

Planned length of the driving range at Greenwich Peninsula

Pop-ups, such as the Meantime outdoor bar and The Jetty, are already in place and further plans include film and TV studios.

Mr Margree said: "Our neighbours, The O2, are brilliant and they would have foreseen people living and working here. But it has never happened.

"People will go to The O2 and then once the show is over, they leave."

The end of that isolation begins on Saturday when the first homes go on sale. They should be finished by early summer. They involve three blocks with the tallest a 22-storey tower. Prices range from £250,000 for a studio flat to £1.7million for a penthouse.

"We've got a fantastic riverfrontage which is a major plus point and many homes will have great river views."

"It will also be a great place for lunch and to come running and we hope to put the driving range in by May."

Potential buyers can head to the Knight



Computer-generated images of Knight Dragon's plans for Greenwich Peninsula



ASIAN developer Far East Consortium is consulting on plans for a three tower scheme on the Isle of Dogs.

The proposal for the site at Manilla Street and Marsh Wall includes 712 homes, a primary school, a hotel and a health centre.

The school will have 400 places and include a large play area on the roof. The health centre will be free.

Hong Kong-based developer FEC will run the 21-storey hotel.

Andrew Southern, of development manager Southern Group, said: "The main issue with the amount of development is pressure on social infrastructure and there's a real need for more primary schools."

Dragon marketing hub straight outside Greenwich North Tube to take a look at show homes, as well as checking out the hub's cinema room and art space.

"It's a multi-use, multi-purpose site and you can see the gallery and visit the restaurants," said Mr Margree.

Go to knightdragon.com.

McDonald's to shut for 2 years

CANARY Wharf is losing its McDonald's as work begins on a two-tower development.

Customers have been told the restaurant and drive-through will shut on Saturday before reopening in two years.

The closure is linked to the long-term plans for the Helix at the site, which is on Trafalgar Way, just north of the Canary Wharf estate.

Permission for the scheme



The planned Helix towers

was approved back in 2009. It includes two towers of 29 and 35 storeys, containing 414 apartments.

A replacement drive-through McDonald's will be

built on the ground floor alongside other shops.

Developers Essential Living recently applied for a three-year extension for construction to begin. This is waiting for approval by Tower Hamlets Council.

A spokesman for McDonald's said: "Our restaurant will close on September 20 but I am pleased to say that once complete, the development will feature a new McDonald's."

NEWS IN BRIEF

Around east London

Ellie takes tricky route to docks

EAST LONDON Tunnel machine Ellie has started her 900m, three-month journey from Limehouse Peninsula, near Canning Town, towards Victoria Dock Portal.

With the Jubilee line, DLR and the rivers Thames and Lea to negotiate, it will be one of the trickiest boring operations and will complete tunnelling on Crossrail's southeast spur.

Ellie's sister Jessica, completed the first of the two twin-tunnels from Limehouse to Victoria Dock earlier this summer.

TfL introduces card payments

CANARY WHARF Transport for London introduced contactless payments this week.

The scheme was launched at Canary Wharf Tube station on Tuesday. TfL's Mike Brown, said: "Everyone here has a contactless card and is accustomed to using the technology to buy their lunch or shopping. They can now use it just like an Oyster card."



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Celebs keep the lines hot as they trade for charity

EVENT

For the 10th year, actors, sports stars and celebs hit the phones. **Beth Allcock** and **Rob Virtue** listen to their patter

Scores of top celebrities visited Canary Wharf last Thursday to raise money for good causes at the BGC Charity Day.

It's only at the annual event you could see the host of *QI* winding up a former England football captain or catch a mainstream TV presenter dancing on tables while Manchester United legend Sir Alex Ferguson looks on bemused.

The celebs at the Churchill Place offices were certainly on top form.

However, it was the tenth event to remember victims of 9/11 and that was

at the forefront of most of the stars' minds.

Homeland actor **Damian Lewis** said he remembered the fateful day clearly. "I was filming *The Forsyte Saga* at the time," said Lewis, who was raising money for the Sohana Research Fund by completing trading deals on behalf of BGC brokers.

"I was doing a particularly sensitive scene when the first assistant director came in and said the World Trade Centre had been hit."

"Minutes later he came in and said another plane has crashed into the other tower. Filming's ruthless and you have to keep on going. But it's important to remember what those people went through."

Stephen Fry, **Princess Beatrice** and former F1 driver **Jackie Stewart** were early risers, supporting the Elephant Family charity.

Stewart said: "I've never seen so many top celebrities come together in one place to raise so much money for charity. It's fantastic."

For TV magician **Dynamo**, it was a



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KIRSTY GALLACHER

SPORTS STARS ON SHOW / PAGE 84

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Directions:

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Tube Station, walk through double
Plane Avenue, cross over bridge, turn
left for 200 metres and Aston's is just
before the end of the row of lights.

South Quay DLR (0.6 miles walk)
Cross the road, walk straight ahead
past the car barrier bollards,
stop and then up a narrow set of
stairs to the corner in Aston's Terrace.

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I can see how this could get addictive, says star

Samuel L Jackson stayed cool as he made dozens of trades at BGC's 10th annual charity day in Canary Wharf.

The film star was one of a vast number of celebrities in Churchill Place on Thursday securing cash in memory of those who lost their lives during 9/11.

Donning an Adidas bomber jacket, spectacles and a hat, the man renowned for playing tough guys was all smiles as he juggled numbers and bantered with brokers.

His efforts were in aid of two charities – One For The Boys and The Rape Foundation.

And after seemingly oozing confidence on the phones – where he dished out *Pulp Fiction* quotes on request – Samuel said he "almost understood" what he was doing.

"I kind of get the empowerment you get from the Wolf Of Wall Street and what it feels like and means," said the 65-year-old.

"I can see how this would be addictive. The brokers had great banter across the consoles to each other and they seemed to have

unspoken conversations that worked really well."

On the poignancy of the event, which marks the death of 658 Cantor and 64 Eurobrokers during the 2001 attacks on the World Trade Centre, he said: "It is meaningful to be affected in another sort of way on a day like this.

"I had a feel for what those people were doing in the building when that happened, at that particular time."

After sharing his desk with the Hollywood hero, enthusiastic junior broker Harry Elliott said: "It's amazing, it's so cool.

"I got a selfie with him and he seems like a really cool guy.

"He's got four or five trades on our desk and they're pretty big ones.

"He's very broker-like and he was already talking like a broker within 10 minutes – he would be welcome on our desk any time."

Beth Allcock



Samuel L Jackson gets the deal done at BGC's Charity Day in Canary Wharf

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We might also add an innovation park



The educational and cultural quarter will occupy prominent park sites including land that was used by the Invictus Games, pictured

From Page One

The scheme would add an estimated £5.2 billion to the economic value of the area and create 20,000 jobs by 2030.

The second part of the scheme would see University College London take land south of the Orbit – where the Invictus Games are taking place – for an expansive new campus. UCL's plans include a new centre for culture and heritage, a design school, a new biotech hub and an educational technology centre, as well as a space for entrepreneurs.

Mr Hone said: "We've already got the V&A working with schools in anticipation, we've got UCL doing research programmes in the health centre in the former athletes village. Sadler's Wells are talking to local organisations that they can partner. They are already taking seriously their obligation to work with community groups."

The news comes after a decision to move forward by six years the development of East Wick and Sweetwater estates to capitalise on the success of the post-Games park.

LLDC deputy chairman Neale

Coleman said: "If we're successful with Olympicopolis there may well be further opportunities for us to look at – for example we have had some discussions about a science and innovation park. So I would want to keep space in reserve."

Chancellor George Osborne said: "This excellent project brings together new housing with a world class university and

museum and has the real prospect of creating a new centre of culture and learning in London. I am behind it 100%."

Director of the V&A Martin Roth said: "East London is already a thriving centre for the creative industries and we are excited by the prospect of a presence there."

Olympicopolis takes its inspiration from Prince Albert, who used the proceeds of the 1851 Great Exhibition to create "Albertopolis" – the 86-acre site around South Kensington that is one of the world's pre-eminent scientific, educational and cultural hubs.

Amazon aims to bring all tech talent to one city

TECH

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AMAZON is to open a new corporate office in east London by 2017.

The internet giant will be leaving its Slough base with many staff heading for Shoreditch's Principal Place.

The office will open in three years but the firm said it wants all UK corporate staff in London by next summer.

Amazon's managing director Christopher North said: "We have secured this exceptional building giving us the capacity to hire thousands of new employees in London in the coming years, in addition to the thousands of



An artist's impression of how the Amazon development will look

permanent roles we will create across our UK customer service centres."

The development will rise to 15 storeys and construction will start this month. Between 2015 and the completion of Principal Place, staff will be based at Leadenhall Court. Amazon also has offices at Holborn Viaduct and Barbican.

Amazon is yet to decide whether Barbican or Shoreditch will be the company's UK headquarters.

Mayor of London Boris Johnson said: "Our city is the perfect home for top tech talent."

Residents furious as tunnel gets go-ahead

ENVIRONMENT

Rob Virtue
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THE Government has approved the £4.2 billion super sewer for London leaving protesters along the river furious.

Many have fought a long campaign against the scheme which saw actors and residents Helen Mirren and Patrick Stewart voice their protest.

Construction of the tunnel will co-opt parkland and involve major noise disruption. Work is scheduled to begin in 2016 for completion in 2023.

Those living near to Southwark's Chambers Wharf site, which will see a pumping station, called it "disgraceful".

Campaign group Save Your Riverside, said: "The inspectors agreed with SYR that Chambers Wharf was not justified due to adverse impacts on residents and that alternatives should be looked at."

It called the plans "flawed" and "half-baked", adding: "Ministers have broken the faith by which people



Engineer Sir Joseph William Bazalgette (1819-1891), standing top right, views the Northern Outfall sewer being built below the Abbey Mills pumping station. The station, near Stratford, forms part of the new super sewer. Bazalgette constructed London's drainage system and the Thames Embankment



Protester
Helen
Mirren

impacted by major projects could expect to be treated fairly, and given the green light to a company notorious for its corporate arrogance."

Southwark Council's leader Peter John added: "I challenge [communities secretary] Eric Pickles and [food and rural affairs secretary] Liz Truss to come to Southwark to explain their decision to residents near Chambers Wharf."

SaveKEMP, the Wapping campaign group against tunnel works on the King Edward Memorial Park, said it was scrutinising the planning

documents but said it would fight with Southwark Council against the scheme.

In west London, meanwhile, Fulham and Hammersmith Council said it was considering a legal challenge over the lack of consultation.

Phil Stride, head of the Thames Tideway Tunnel, said: "London has outgrown the capacity of [Victorian] sewers. The tunnel will not only solve the current problem of the river being treated like a toilet, but it will make London's sewer network fit for the 22nd century."

NUMBERS



Census statistics this week have revealed that a child in Birmingham is now more likely to be Muslim than Christian. In the east London boroughs of Tower Hamlets and Newham that trend is firmly entrenched.

TOWER HAMLETS

	Children	Adults
Christian	8,995	60,847
Muslim	34,597	56,969
Total	56,090	203,953

NEWHAM

Christian	27,769	98,995
Muslim	34,041	68,472
Total	79,658	238,090

24

Number of E and SE postcodes that are under extra scrutiny from the Passport Office on the lookout for fraud. This figure compares to 4 for the whole of Birmingham, 4 for Manchester and 15 for the rest of London.

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Notebook

All this clutter is anchoring me to a life that isn't mine

With my birthday approaching, I decided to do a bit of life cleansing and declutter our home.

It's always the same every year. A week or so before the "big" day, I start to get a bit jittery. My life starts asking me those probing questions such as: "Are you kidding me – is this it? Surely, there must be more."

I start to think about that long-awaited call from Hollywood. Yes, it will be the Law of Sod if that break comes now. "Hey, Kid," the agent drawls. "We want

to make a movie based on the idea, yes, the one that is in your head, the one that you have never got around to writing. Welcome to Hollywood because that's how it works."

What if I have to "disappear", to escape some murky event in my mysterious past? How quickly can I dissolve my affairs? Can I do a Lord Lucan and do a midnight flit?

No, I'm paralysed, tethered to this life, because of stuff.

I jumped in at the weekend. Threw myself head first into the chasm. It

WORKING MUM



TABITHA RONSON

wasn't pretty. Like pulling at a loose thread on a jumper, the whole fabric of my life unravelled. How can Master A and I have so much clutter?

We packed up black sack loads of disused toys, books, household goods, utensils, shoes, clothes etc.

We had enough to make six car runs to the tip where we soon became on first name terms with the attendants directing us to the various recycling bays.

Much of what we threw out was of good quality, some even unused or

unworn. I thought about the images I have seen of the massive rubbish dump in Vijoenskroon in South Africa, the one where children scavenge in order to survive.

As I dropped off a bag of Master A's shoes, some worn only once, I winced at the waste, uncomfortable at the level of our excess.

Working Mum, having made a pact with Master A. There will be no new material possessions coming into the home. What we save, we will spend on experiences. We will travel light – and be ready for that call.

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Helen Thomas,

Managing Director of H Weston & Sons Ltd



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BUSINESS IS GREAT
BRITAIN



Cressida Bonas at the Invictus Games

Cressida flies in to see Harry's crowning glory

★ Prince Harry's ex-girlfriend Cressida Bonas, 25, was so keen to attend the Invictus Games closing ceremony at Queen Elizabeth Olympic Park that she flew back from a family wedding in Italy.

The prince watched stars such as Ellie Goulding, James Blunt, Kaiser Chiefs and the Foo Fighters end the games in rousing fashion in front of 26,000.

The games – which featured disabled service personnel from around the world – was a personal triumph from the royal, who was the driving force behind the event.

And if that wasn't enough reason to celebrate, Prince Harry marked his milestone 30th birthday along with David Henson, captain of the British team.

Speaking before the closing ceremony, the prince said: "I'll be chuffed to bits when I'm having a beer with Dave Henson. We're really looking forward to being 30, both feeling quite old about it."

He said he was "over the moon" by how the games had gone and suggested it could be staged next year outside London.

"We've now got America showing interest in 2016 and Canada showing interest in 2017 so the question is what do we do next year?" he said.

Picture special / Pages 78-79



Dave Grohl, Ricky Wilson, Ellie Goulding

POLITICAL VIEWPOINT

By Cllr Peter Golds

Elections must be conducted in air of calm

On September 11, voters in Newham's Beckton ward elected a new councillor. The count was quick, efficient, and conducted in a calm and quiet manner. Polling stations were, as we would expect, equally calm and quiet too. This simple activity was just a couple of miles from Tower Hamlets.

Newham is a borough more diverse than Tower Hamlets, yet the Beckton by election took place without a problem as far as I could observe. Unlike any recent election day here.

In just over seven months, there will be a general election and I wait to see how the authorities will organise and manage the election in this borough.

“

The police codenamed their investigation Operation Gripe

In 2013 the Electoral Commission published a much-heralded report into Tower Hamlets hoping to restore confidence in the electoral process in the borough in time for 2014. Instead, the poor conduct of the election reached an international audience.

In 2004 the West Midlands Police codenamed their investigation into the Birmingham votes scandal, Operation Gripe.

Eventually, an election court established malpractice on an industrial scale, causing the police considerable embarrassment.

The Police and the Electoral Commission must take the Tower Hamlets problems seriously. They cannot exercise a "Rotherham option" in the hope that electoral malpractice will simply go away.

We deserve the right to vote as peacefully as our neighbours.

Conservative, Island Gardens



THF walk out to avoid questions on court action

POLITICS

Mayor's party duck debate on costs of failed judicial review

Rob Virtue
@wharf.co.uk

Opposition councillors have accused Mayor Lutfur Rahman's party of walking out of an important council debate over its failed judicial review.

The Tower Hamlets First party is understood to have left the Town Hall chamber for around 10 minutes while Labour and Conservative members discussed the legal challenge, last week described as "hopeless" by a High Court judge.

The challenge was an attempt by the council to halt a Government-ordered audit into alleged wrongdoing.

Conservative group leader councillor Peter Golds said: "The council's attempts at judicial review have cost local taxpayers hundreds of thousands of pounds. It is only right

for councillors to look at how this decision was made.

"Mayor Rahman and his Tower Hamlets First councillors once again refused any idea of transparency. It's outrageous for elected officials to refuse to discuss these issues."

In Mayor Rahman's absence the council agreed a motion to instruct the overview and scrutiny committee to look at the process which led to a decision for the judicial review.

A spokesperson for the Mayor's office said: "Tory leader Peter Golds insisted on wasting valuable public and council time to force discussion on an unconcluded court case. Rather than risk contempt of court, councillors had to leave to defuse the situation.

"Cllr Golds has a habit of vindictive outbursts that put his political vendettas above residents."



The empty council chamber



TREATY TREAT

Director of London Metropolitan Archives Geoff Pick studies one of the 250 copies of the Magna Carta dating to 1297 and carrying the seal of King Edward I. The document went on display in the new City of London Heritage Gallery at the Guildhall Hall this week.

Airport has the warmest welcome

LONDON City is the most welcoming to overseas visitors in a poll of the capital's top five airports.

The Docklands airport was the best in each of the three categories in the LJ Research report which quizzed 14,000 people over two years about welcome, efficiency and connectivity.

LJ Research said visitors were broadly satisfied but overwhelmed with airport services in the capital.

LJ Research's managing director Sean Morgan said: "London is keen to attract

leisure and business tourism from around the world and is very successful doing so. "However, a destination's airports are hugely important for setting the tone of the overall visitor experience.

"The latest scores indicate more efforts should be put into improving customer service for visitors.

"Notably, visitors from Asia and Africa were most likely to state that the welcome they received was very poor. These are visitors from emerging markets that London is keen to attract."

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What's On

7 days ahead

Highlights of the week



STAGE

Rudy's Rare Records
Hackney Empire

★ Starring Lenny Henry, and based on the BBC Radio 4 series, this touching comedy with rhythm is set in an old reggae record shop in Birmingham, which is owned by the irrepressible Rudy Sharpe with the assistance of his long-suffering son Adam.

The play has already opened in Lenny's native Midlands, landing top reviews. The *Guardian* wrote: "Stuffed with gags and overflowing with an easygoing, laid-back liberalism, this comedy about a vinyl-shop owner fighting developers has the feel of a stonking hit."

Sept 24-Oct 5, £10-£25, hackneyempire.co.uk.

STAGE

The Greene Card
The Space

★ Drawn from real experiences, this drama tells the story of Sevan who escapes the ravages of the Gulf War to make a new life as part of the American Dream.

From the gospel parlours of African-American Florida to the racist salons of white New York City, Sevan learns that it takes more than *New Kids On The Block* t-shirt to be part of their world. Sept 16-20, £13 (£10), space.org.uk.



STAGE

The Dog, The Night And The Knife
Arcola Theatre

★ M finds himself at the end of a dark and deserted street, where time has stopped. Hurlled into a nightmare world, where wolves prowl, hunger is everywhere, and nothing is quite what it seems, M does the only logical thing: he runs.

This darkly funny and absurd play is a translation of the original by acclaimed German playwright Marius von Mayenburg. Sept 18-Oct 18, £17 (£12), arcolatheatre.com.

I'm not letting all this go till I see where it takes me

Q&A

Comedian **Rob Beckett** has become a familiar sight on comedy panel shows. He plays the Greenwich Comedy Festival and has just launched a new Sunday radio show focussing on music, comedy and football.

■ **You've had a meteoric rise so you must be thrilled.**
I enjoy it. You usually have to have been doing stand-up for about eight to 10 years before you get your break, and I've only been doing it for five, but I've been gigging my nuts off during that time.

I've found something I'm half good at, so I thought, 'I'm not letting this get away'. So what I've done is really gone for it. My dad's a cabby and my brother's a market trader, and they work really hard. If they're out 15 hours a day doing their jobs, the least I can be doing is the same.

■ **What are your ambitions?**
The radio thing is something I really want to do, so maybe keeping hold of that job is my ambition. I don't like to plan too far ahead because I never imagined I could be a comedian when I was at school, so I just keep going and saying yes to things.

When you're young you're always being told to be quiet and stop showing off, but when you do comedy, they give you a microphone so you're louder and then after a while they start paying you. So I'll keep enjoying myself. If you can be happy while doing your day job, that's the best ambition you can have, innit?

■ **Do you fancy moving into acting? Maybe doing a sitcom?**

I'm writing two sitcoms at the moment, and I've done a bit of acting. I would love to be in a Hollywood film. My mates laugh at me, but if I don't try, I'll never know. I've got to at least give it a go.

FURTHER AFIELD



★ Lucy Punch, right, plays Paige Britain, the ambitious news editor of a tabloid newspaper locked in a battle for more readers. Richard Bean's fast and furious play **Great Britain** (Theatre Royal Haymarket) is an anarchic satire about the press, the police and the political establishment. Until Jan 10, £15-£63, trh.co.uk.



Rob Beckett will be playing the Greenwich Comedy Festival

3 of a kind

New art exhibitions



1 **Constable: The Making Of A Master**
V&A

Vying with JMW Turner (see below) as the autumn blockbuster, this exhibition tells the stories of John Constable's most loved paintings and fixes his place in the tradition of classical landscape.

Sept 20-Jan 11, £15.50 (concs), vam.ac.uk.

2 **The Real Tudors**
National Portrait Gallery
Seven years' research on the gallery's collection of royal works has thrown up some unexpected surprises – not least a dead bug trapped in the varnish of a 1542 Holbein portrait of a young Edward VI, pictured. Until March 1, FREE, npg.org.uk.



3 **Late Turner: Painting Set Free**
Tate Britain
The first major exhibition to bring together work from the last 16 years of the prolific painter's life – 1835-1851 aiming to show that he remained creative and innovative to the end.

Until Jan 25, £16.50, tate.org.uk.



We'll have a bit of a break because Rob Beckett's done this. They'll have to turn it all off, reassess the situation, and work out how that happened.

■ **Rob Beckett plays the Greenwich Comedy Festival on Saturday, September 27, with Terry Alderton and Elis James. His Absolute Radio show runs on Sunday afternoons from 2pm-6pm.**

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What's On

Fashion wrapped in knots

EXHIBITION

Retrospective tells how design and innovation wove an uncommon yarn

Beth Allcock
@wharf.co.uk

Cardigan suits by Chanel, woollen swimwear and vibrant Missoni knits reveal the influence of needles and yarn on 20th century style in a new exhibition at the Fashion And Textile Museum.

The designer garments take their place in an exhibition of more than 150 items for *Knitwear: Chanel to Westwood*.

It is the first time the personal collection of Mark and Cleo Butterfield has been on public view.

Starting with a spotlight on Coco Chanel's stylish jersey machine knit of the 1920s and stitching in the post-war period, it covers more than 100 years of knitted and crochet creations.

Celia Joicey, head of the Fashion and



GETTY



1930s hand-knit daywear. Gold, marigold, primrose and brown chevron crochet knit, left, and Shetland wool "feather and fan" stitch knit

Textile Museum, said: "It is the first exhibition of its kind to explore not only key designers but also technical innovations in hand, machine and industrial knitting."

"Knitwear in fashion is often taken for granted but this exhibition is an opportunity to celebrate knitwear and to inspire future design directions."

Conflict spurred creativity following the Second World War.

In the "make do and mend" era, sweater yarn was unravelled and recycled into eye-catching designs, picked up on by Hollywood stars in the 1940s.

Glamorous knits with embellishments followed during the 1950s, while a plethora of high-end designers made their knitted mark from the 1970s onwards.

Kenzo and Fiorucci dominated and the material oozed sophisticated style with the influence of Zandra Rhodes, Vivienne Westwood, Comme des Garçons and others.

Visitors to the Bermondsey museum will also explore how Julian MacDonald embraced new materials and styles to challenge stereotypes during the latter part of the 20th century.

Curator Dennis Nothdrift said: "Knitwear is imbued with narrative and memory."

"This exhibition is a way of accessing other people's stories, in particular the fashion sensibilities of collectors Mark and Cleo Butterfield through their iconic and personal pieces."

Until Jan 18, Fashion and Textile

Museum, £8.80 (£6.60) ftmlondon.org.

Above,
Coco Chanel
(1883-1971)
in striped
knitted jersey
photographed
in 1929

McCrumb brings her animals to the city

EXHIBITION

A Gozo goat and black sheep are just some of the animals that recently arrived in Canary Wharf. It's not a living menagerie that has taken residency in the lobby space of One Canada Square, it is Bridget McCrum's latest exhibition.

Past Present will mark the sculptor's 80th birthday and showcase work from her illustrious career.

She is renowned for combining fauna and nature alongside ancient artefacts such as tools and ceremonial weapons and the exhibits on show range from a carving of a dog made when she was 16 to large bronze and stone designs created this year.

The largest pieces depict birds, their characteristics and habits.

These include representations of their flying, hunting, resting and singing poses while some of the designs also feature her drawing techniques, to mirror the effect of their downy feathers.

The exhibition runs until November 14. Curator Ann Elliott will chat to the artist about her work at a special event on October 28, from 6.30pm.

Beth Allcock

Go to canarywharf.com for details.

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Go to canarywharf.com for details.

BOOKS



The Gods Of Guilt
Michael Connelly (Orion)

★★★☆☆

The Gods Of Guilt are the jury who must decide the fate of Mickey Halley's client, a man who allegedly murdered Mickey's wayward pal Gloria Dayton, also a client.

The jury can also help Mickey towards his own redemption as he reflects on life as a failed husband, resentful father and poor friend (he may be the one who put Gloria in danger in the first place).

The book's pedantic accumulation of evidence will please armchair lawyers but the story eventually lets rip with some courtroom explosions. GB



Scarcity
Mullainathan & Eldar (Penguin)

★★★☆☆

The authors' argument is this: scarcity of anything (but most perniciously money) is not on a spectrum that runs smoothly from "haves" to "have-nots". It is on an entirely different scale altogether.

Scarcity so restricts the "bandwidth" the result is genuine mental impairment. The "poor" lose cognitive function and are more susceptible to self-defeating quick fixes that serve only to entrench their misery. They are, in effect, held hostage.

A persuasive and humane analysis. GB



**The Young & Prodigious
TS Spivet**
Reif Larsen (Vintage)

★★★★☆

Young Spivet is a mapmaker and prolific notetaker – as the marginalia shows. He lives on an isolated ranch with his eccentric parents, his annoying sister and the memories of a dead brother. The Smithsonian want to award him a scientific prize, little knowing he is 12.

The shy obsessive heads to Washington on a journey of discovery to reconcile himself with the discordant elements of his life and his affecting brush with death. GB

Full reviews at wharf.co.uk

What's On

Scorching indictment of a privileged society



The Riot Club has echoes in the infamous Bullingdon Club

SCREEN

The Riot Club
(15) 107mins

The class war degenerates into foul-mouthed tirades and stomach-churning violence in Laura Wade's robust adaptation of her own stage play.

Posh originated at the Royal Court Theatre in London in 2010 and was revived two years later in the West End, painting a vivid portrait of a fictional dining clique akin to the Bullingdon Club at Oxford University, which once included David Cameron, George Osborne and Boris Johnson in its ranks.

Lone Scherfig's film packs a similar emotional wallop to its stage-bound predecessor, detonating pent-up testosterone and tempers with horrifying repercussions.

There seems to be a greater emphasis on the fledgling romance between the most likeable male character and a down-to-earth northern

ON RELEASE

The Giver
(12A) 97mins
In a future society only one person keeps hold of memories and feelings.

Grand Piano
(15) 90mins
Nervous pianist Tom Selznick must play a concert where one bum note could spell death.

20,000 Days On Earth
(15) 97mins
A tribute to Nick Cave that melds both documentary and fiction.

century founder by boozing to excess at an annual dinner, trashing the venue and paying for the damages out of their trust funds.

Given his lineage, Alistair is almost certain to catch the eye of Riot Club president James Leighton-Masters (Freddie Fox).

However, it is dashing classmate Miles Richards (Max Irons) from more humble stock, who steals Alistair's thunder.

The Riot Club is a sobering attack on a culture of inherited privilege and power in Britain.

Scherfig doesn't spare the morally repugnant characters any blushes.

A climactic showdown is just as jaw-dropping in lurid cinematic close-up as it was from the safe distance of the theatre's upper circle.

Damon Smith

Our verdict

No-holds-barred attack on a eerily-familiar elite

★★★☆☆

SCREEN

A Walk Among...
(15) 114mins

Liam Neeson continues to embrace his role as a grizzled action hero in this *A Walk Among The Tombstones*, a taut crime thriller adapted from Lawrence Block's novel of the same name.

PI Matthew Scudder (Neeson) is called on to apprehend some sadistic kidnappers and finds himself out of his depth. Watch out for *Downton's* Dan Stevens.

★★★☆☆

THEME

Magic In The Moonlight
(12A) 98mins



Magic In The Moonlight is a Valentine to Woody Allen's lifelong fascination with tricks and illusions as a magician (Colin Firth) is called upon to debunk a medium (Emma Stone) in the south of France in 1928.

The biggest trick would be to convince us that Firth and Stone make a perfect match in this lukewarm romantic comedy that lacks both.

SCREEN

Wish I Was Here
(15) 107mins

For his second directorial feature after the critically adored 2004 comedy drama *Garden State*, Scrubs actor Zach Braff turned to the fundraising website Kickstarter to raise the two million dollars for this similarly intimate ensemble piece.

Sadly, this time around he is less successful, returning to old ground.

★★★☆☆

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Health

Intensifying your moves on the go



Our fitness guru **Laura Williams** puts the TRX in its rightful place

From vibrating dumbbells to sauna belts, Planet Fitness is no different to any other sector when it comes to gimmicks.

But sometimes a bit of kit comes along that takes the fitness industry by storm; something that warrants the hype.

TRX stands for Total Resistance Exercise. The TRX suspension trainer is an unassuming, lightweight bit of kit which, at first glance, looks like a few brightly coloured straps with handles and stirrups attached. Not too impressive.

But don't be deceived. Once rigged to a tree or door, the combination of gravity and body weight gives traditional machines and dumbbells a run for their money.

TRX is the brainchild of Randy Hetrick, a former Navy Seal. He needed a way to keep himself and his fellow Seals in top shape no matter where they were in the world.

Hetrick started out by experimenting with an old jiu-jitsu belt and some parachute webbing, which he hung over a door thereby discovering the most simple tool for performing rows, pull-ups, presses and curls.

3 EXERCISES

I asked TRX Master Trainer Matt Gleed for his top three exercises that Wharfers could try in the park in their lunch hour or in the comfort of their own home.



Chest Press (long straps)

Stand facing away from the anchor, extend arms in front at shoulder level and lower chest towards the ground bending elbows to 90 degrees. Push back up.

The TRX suspension trainer can be used in a wide range of locations



Triceps Extension (mid-length)

Face away from the anchor, leaning forward from the chest, with arms outstretched above shoulders. Keeping elbows high and aligned with shoulders throughout, bend elbows, lifting hands towards face, at the same time as lowering body towards the floor. Return to the start position, maintaining body alignment throughout.



Crunch (mid-calf length)

Kneel facing away from the anchor with both feet in cradles. Position hands under shoulders and lift knees so you've formed a plank position. Maintain alignment from head to toes before bending knees and pulling into chest. Return to start position and repeat.

SHOULD I INVEST?

It's highly portable and can be used in the park, living room, hotel room or even the office.

You get a total body workout – upper body, lower body, core – and the many different moves each incorporate multiple muscle groups.

I waited ages to try the TRX and the thing that really stood out for me is how something so light and simple can intensify time-honoured exercises so much. It's a great addition to my and my clients' workouts.

From £144 online.



KAY LOCKETT



Drop in for a really decent shake out

Beth Allcock kicks off her work shoes and gets grooving at lunch

DANCE

Shake Out

The Village Underground, Shoreditch

Beats are pumping, the DJ is in full flow and the dance floor is littered with enthusiastic types in brightly coloured clothing.

But this is no midnight rave. It's just after midday, on a Wednesday.

Bright sunlight is streaming through the windows; it's Lycra, not little black dresses and smoothies not spirits.

This is Shake Out – a new series of fortnightly dance-based sessions that apparently "reinvent the lunch break".

The idea is to drag stressed-out Wharfers and City workers away from their desks for a bit of a boogie on the Village Underground's concrete

dance floor. And, while it's not exactly a revolution, it works.

Just escaping the office instead of slurping soup at one's desk feels like an achievement.

There's a bongo band to add extra energy, but it's DJ Bobby Lost's boundless enthusiasm on the decks that helps stiff-legged staffers forget their pinstripes and pencil skirts and let loose.

Before long everyone's smiling and swinging around like the best of them.

As the half-way point approaches we gather together for something more vocal in a bid to get us to shout out our frustrations.

Animal roars and violent shouts are encouraged and we spend 10 minutes of "pure body shaking" leaving everyone, it seems, zoned out and relaxed.

While Shake Out may not give you the caloric burn of a HIIT class, it does deliver a wellbeing boost.

The drop-in ethos is do-able for Wharfers with a strict one-hour break too.

The Village Underground's just shy of a 30 minute round trip from E14, leaving half an hour spare to spend dancing.

Vegan wraps and healthy curry can also be bought for the journey back (£4) while those with a little more time can be pulled out, massaged and stretched by Lynne Carpenter and her form of Zero Balance Yoga.

Classes, which are fortnightly, cost £15 for a drop in any time from 12.30-3pm.

The next one is on September 18. Go to ukbrownpapertickets.com for tickets.

£15

Covers
your
drop-in
session for
Shake Out

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Left, Beth loses herself in the music at Shake Out in Shoreditch Below, one of the musicians adds to the atmosphere with various shakers

LUNCH TIME

★ Whether you have a speedy lunch break or a longer escape from the office as midday hits, here are five fitness options to fill your time the healthy way.

1 Stretch'N'Roll
Reebok Sports Club, Canada Square, Thursday, 1.30pm
Just 15 minutes to spare? Then spend them at this new members-only session which uses a combination of stretching and foam rollers to improve everything from motion and mobility to posture and wellbeing.
[Go to reebokclub.co.uk.](http://reebokclub.co.uk/)

2 Runners Need
Churchill Place, Wednesday, 12.15pm for a 12.30pm start
For an out-of-office lunchtime escape, join this free weekly running session. Staff lead Wharfers on varied routes around the estate and E14 area, each lasting about half an hour.
[Go to runnersneed.com.](http://runnersneed.com)



Do something better than this with your lunch break

3 Sweat
West India Quay, every day, various times
Whether you're a Wharfer working at the weekend or Monday to Friday, this class is a firm fixture on the timetable. The 40-minute group personal training sessions are available in three times during the week – ideal for those who chop and change their lunch breaks.
[Go to sweatclubs.co.uk.](http://sweatclubs.co.uk)

4 Yogalates
Boutique Beauty, Pilates and Dance, Westferry, Monday, from 1pm
Start your week by combining the benefits of pilates and yoga. Instructor Markella leads the one-hour session mixing up postures and breathing technique with stretches for the best of both disciplines.
[Go to boutiquebeauty.pilatesanddance.co.uk.](http://boutiquebeauty.pilatesanddance.co.uk)

5 Box Fit
Victory Park, Queen Elizabeth Olympic Park, Tuesday, September 23, 12pm
This lunchtime fitness boost will last longer than 60 minutes – when you factor in commuting time – but is a great excuse to escape E14. The kickboxing-meets-barre routine is held in Victory Park in East Village and one of Triathlon Homes' attempts to make the former Athletes' Village the healthiest district in London.
[Go to ourparks.org.uk.](http://ourparks.org.uk)



Speedflex in Bank has launched a 30-minute workout aimed at those on lunchbreaks

Exercise of the machines

Beth Allcock
[@wharf.co.uk](http://wharf.co.uk)

Burn up to 800 calories in your lunch break with new workout Speedflex 30.

The Bank-based programme is all about group sessions of high intensity interval training (HIIT) designed to increase participants' heart rate and accelerate metabolism.

The half-hour workout will see Wharfers making the short trip to the City to use the

Speedflex Training System. The gear automatically responds to the resistance levels of the user, so they can exercise at their own pace while making sure multiple muscle groups are put through their paces.

Personal trainers will lead the group through the low impact, cardiovascular and circuit-based stations, while state-of-the-art heart rate monitors synced to large screens offer visual motivation.

Speedflex's founders believe

it helps improve muscle tone, strength, bone density, power and speed while accelerating fat loss.

Meanwhile, the equipment has been engineered to reduce the risk of injury and lessen muscle soreness post-training.

The sessions take place at Speedflex in Lombard Street, near Bank. A variety of packages and pay as you go options are available.
[Go to speedflex.com for more information.](http://speedflex.com)

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BETTY 64, semi-retired, slim, dark hair, brown eyes, likes languages, cooking, gardening, meals out, seeking reliable, honest man. Tel No: 0895 500 3729 Box No: 4142610

KATHIE, 21yrs but v. mature, Feminine, busty, broad minded. Seeks chap any age or area for no strings fun. Must be discreet. Aca. Tel No: 0895 500 3729 Box No: 4142672

BLAIR eyed slim pretty easy going handwriting lady seeking mate to put the spark back into my life, must be honest, affectionate, have a GSOH and want to work at a relationship. Tel No: 0895 500 3729 Box No: 4142710

JASMINE, 22yrs, seeks older gent for daytime meetings as she works a nightshift most days. Box: 4495888 Text Only B

JAMES 29, loves riding and spending time honing around, seeking non-nonsense kind of normal guy who enjoys going out having a good time. Tel No: 0895 500 3729 Box No: 4142825

MAUREEN, discreet sensual lady, 42yrs seeks daytime fun at her home. Aca. Tel No: 0895 500 1958 Box No: 4142827

KAREN young looking attractive vibrant slim blonde, enjoys to keep fit, beach walks, travel, meals out, good conversation, with pleasant company. W/L/H genuine sincere male. Tel No: 0895 500 3729 Box No: 4142833

PIONA, young 32yrs, seeks uncomplicated fun with chap any age or area, texts only please, flx services on the phone. Box: 4495861 Text Only B

MARY sat blonde size 12 lady, nice personality, good conversationalist, varied and open to interests, loves workdays and holidays, seeking similar male. Tel No: 0895 500 3729 Box No: 4142793

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ANN, young looking 40yrs seeks broadminded man of any age/location for no strings/discreet times, games and more. Aca. BOX NUMBER 412369 B

PHILLY, 20yrs, just left college, seeks older man for daytime fun, must be discreet as she has strict parents. Text only Box: 44952485 B

SARAH attractive 25y old single female, slim, feminine with long hair and big eyes, enjoys being fit and healthy, sociable. WLTM male 30-40 for fun times. Tel No: 0895 500 3729 Box No: 4142433

GILLY, voluptuous well proportioned,atty, seeks man to massage and pamper. Married existing man please apply. Tel No: 0895 500 1931 Box No: 412931

CARINNE 29y old, fair skin mum who enjoys cosy nights in, music, travel, occasional night out, concert, travel, seeking romantic male 30-45. Tel No: 0895 500 3729 Box No: 413018 B

LINDY, 43yrs young, married with husband away. Seeks discreet man any age for no strings. Box: 44952439 Text only B

LOREN pretty petite 34y old female, likes swimming, walking, cosy night in watching a movie, seeking caring well built loving male with nice personality 30-45. Tel No: 0895 500 3729 Box No: 413015 B

ATTRACTIVE curly female, 47, seeking kind, understanding family man, 45-55 to share and enjoy life. Tel No: 0895 500 3729 Box No: 414029 B

ANN, young looking 40yrs seeks broadminded man of any age/location for no strings/discreet times, games and more. Aca. Tel No: 0895 500 3729 Box No: 413035 B

33y old RR blonde ex model who loves to have a good time and enjoy life to the full, looking to meet talk time guy with no hang ups or issues for uncomplicated romance. Tel No: 0895 500 3729 Box No: 413063 B

JENNIFER, sensual lady, 22yrs seeks mature experienced man for no strings, daytime fun. Box: 4495440 Text only B

CAROL giggly blonde, lovely loyal, not desperate for a man just tried of not finding a decent one so thought I will try this, pls call. Tel No: 0895 500 3729 Box No: 413079 B

LINDA attractive slim nurse looking for loving relationship with non serious male who like me is lonely and just looking for a special person. Tel No: 0895 500 3729 Box No: 413026 B

CAROLINE 30y attractive blonde workaholic, seeking funtimes guy up for 47yrs to add some fun and sparkle back into my life. Tel No: 0895 500 3729 Box No: 413045 B

PAT attractive slim early 50s raised tall professional, not looking for drawn out romance just the fun stuff to fit into my busy lifestyle. non-judgemental people pls call. Tel No: 0895 500 3729 Box No: 413048 B

JULIE young at heart outgoing loves to dance, long distance running, social dancing, travel. CHAC. WLTM that special person to make my life complete as I have so much to give. Tel No: 0895 500 3729 Box No: 413029 B

CARLY mid 30s bubbly outgoing genuine female seeking similar someone down to earth male to enjoy socialising, beach walks, romantic walks and cosy evenings in. 35-55y old. Tel No: 0895 500 3729 Box No: 412956 B

BECKY 30y slim size 10, big blue eyes, considered stunning, fun, caring, seeking reliable guy to enjoy nice times with, no sex or complications pls. Tel No: 0895 500 3729 Box No: 413066 B

LILA 19 young inexperienced and lonely. Et like, very curvy and cuddly build, loves shopping, going out, seeking fun loving understanding mature guy for it. Tel No: 0895 500 3729 Box No: 413021 B

GEMMA widow 72, seeks kind, sincere partner for friendship and to put the sparkle back into my life. Tel No: 0895 500 3729 Box No: 413081 B

CHRISTINE seeking fun loving male, 56-63, young minded. For friendship, maybe more. Tel No: 0895 500 3729 Box No: 413087 B

JULIE 40y single female, long dark blonde hair, big blue eyes, loves home cooking followed by cuddles on the sofa with a nice wine, seeking genuine male, no time wasters. Tel No: 0895 500 3729 Box No: 412997 B

BECKY 34yrs stunning size 10, big blue eyes, feminine, long hair, honest, fun, seeks honest reliable male to go out with, have a nice time and some much needed fun. Tel No: 0895 500 3729 Box No: 412997 B

JEWISH woman, 60s, WLTM Jewish man, 60s for all good things in life. Tel No: 0895 500 3729 Box No: 412783

CARIBBEAN male, seeks female age 60 plus for long term relationship, any nationality, plus all that goes with a good friendship. Text Only Mailbox Box No: 449563 B

FEMALE seeking kind, caring gent for friendship, maybe more. Tel No: 0895 500 3729 Box No: 411781

LESLEY intelligent attractive slim female, enthusiastic, loves life, interests, looking good and keeping fit. seeks similar passionate Mr Wonderful. Tel No: 0895 500 3729 Box No: 412332 B

LAUREN 24yrs old petite blue eyed blonde, attm blonde, pretty, sporty, likes cosy nights in, WLTM caring well built caring male for needs. 30-45y old. Tel No: 0895 500 3729 Box No: 412121 B

BECKY 38 size 10, big blue eyes, considered stunning, honest, fun, caring, seeking kind female for friendship. Tel No: 0895 500 3729 Box No: 414085 B

CHRIS 40, vegetarian, N/S, non drinker, likes films, bands, theatre, seeks female, 30-40 in Dagenham or surrounding areas. Tel No: 0895 500 3729 Box No: 414093 B

SUMI 41, genuine, young looking 20y old male, seeks female who loves dressing up, any age for discreet fun. Tel No: 0895 500 3729 Box No: 413096 B

SHIRLEY old male, loves caring, understanding, N/S, special qualities, seeking female. Tel No: 0895 500 3729 Box No: 413091 B

MALE 51, seeks natural nonchambered healthy lady, tackles a plus. SW London/Surrey area. Tel No: 0895 500 3729 Box No: 413085 B

PROFESSIONAL male, N/S, good looking, 44, 51, seeks female, any nationality for relationship. Tel No: 0895 500 3729 Box No: 413799 B

EINAR old N/S male, tall, slim, fit, likes music, pubs, countryside, seeks similar female, any age for fun times, possible LTR. Tel No: 0895 500 3729 Box No: 413795 B

WEST County male, bushy eyebrows, kind, loving, seeking genuine, African lady for genuine. Tel No: 0895 500 3729 Box No: 413091 B

SMART 24y old, young 45, Et Bina, N/S, good company, seeks slim, warm lady for dates and chats. Tel No: 0895 500 3729 Box No: 414336 B

JK kind honest, 73, seeks lovely lady in 70's, misses Nervous company, loves everything in life. Tel No: 0895 500 3729 Box No: 413068 B

CHERYL 21y old outgoing incus of one, slim, attractive long hair, seeking true honest male up to 45yrs to put some fun back into life. Single dad welcome. Tel No: 0895 500 3729 Box No: 413068 B

JAME bored 40y old student with plenty of spare time. Likes drinks out, walking my dog, swimming, reading for similar lonely companion. 38-50. Tel No: 0895 500 3729 Box No: 412357 B

JAMES 28y old horny female, loves the outdoors, cycling, as well as duvet days. WLTM not too serious male for a hopefully serious relationship. Tel No: 0895 500 3729 Box No: 413069 B

MALE CHAC. Financially very secure, seeking warm hearted, sincere special lady to share life with. Tel No: 0895 500 3729 Box No: 413093 B

NICOLE 36y old gay, seeking female for fun and friendship. Tel No: 0895 500 3729 Box No: 413621 B

KIND caring, active, honest, reliable 70y old male, N/S, many interests, seeks warm hearted, positive, loyal, slim lady in her 60's. Tel No: 0895 500 3729 Box No: 413093 B

ATTRACTIVE male, 48, 58, 10hrs, seeking relationship with female, 30-54. Tel No: 0895 500 3729 Box No: 413643 B

JACK OFWC, mature businessman, seeking my sugar baby, someone who would enjoy me and who I would enjoy. Tel No: 0895 500 3729 Box No: 413065 B

ADRIENNE guy looking for young lady to get through life with. Tel No: 0895 500 3729 Box No: 413487 B

TONY 68, 69, 70s, dark hair, brown eyes, skin, looking for loyalty and TLC. Tel No: 0895 500 3729 Box No: 413468 B

ANDY dark haired male, 45, seeks female, romantic, fun loving with GSOH for LTR. Single mom welcome. Tel No: 0895 500 3729 Box No: 413468 B

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TALL male, seeking similar genuine female for friendship, maybe more. Tel No: 0895 500 3729 Box No: 413249

TED 62, singles, 5ft 6ins, stocky, likes walks, swimming, meals out, seeks female for LTR. Tel No: 0895 500 3729 Box No: 413251

MATTHEW male, seeks female for discreet no strings fun. Tel No: 0895 500 3729 Box No: 413291

BRIAN 51, 55, 58, attractive, easy going, likes cinema, meals out, walks, seeks attractive lady, 40-50 for LTR. Tel No: 0895 500 3729 Box No: 413292

49y male, average, open minded, adventurous, Aquarius, seeks female, any age of similar interests for discreet day time no strings adult fun. Tel No: 0895 500 3729 Box No: 413246

BRIAN 41, weeks part time, easy going, outgoing, seeking lady, 41-48 for friendship, maybe more. Tel No: 0895 500 3729 Box No: 413216

PLATINUM male, 60, seeking similar male for fun and friendship. Tel No: 0895 500 3729 Box No: 414061

BUSY professional bi male, slim, fit, easy going, seeks discreet, intelligent guy for coffee and more. Tel No: 0895 500 3729 Box No: 412269

Friends

MATTHEW likes CO, seeking similar male for fun and friendship. Tel No: 0895 500 3729 Box No: 414061

BUSY professional bi male, slim, fit, easy going, seeks discreet, intelligent guy for coffee and more. Tel No: 0895 500 3729 Box No: 412269

FEMALE seeking male/female for friendship, cooking, holidays etc. Tel No: 0895 500 3729 Box No: 413603

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Food



Tim Foster says his update of The Victoria in Mile End represents the future of pubs

We want eclectic mix coming into our pub

OPENING New owner tells **Rob Virtue** why his version of The Vic will be a hit with the real East Enders

Chickens, allotments and children – the secret ingredients behind the future of the pub industry? They're all part of the Yummy Pub Company's plan to reverse the rapid decline of the nation's drinking establishments.

"Closing time for pubs" has been a headline bandied around for years, with supermarkets taking trade and landlords hit by rising taxes.

So the new owners of The Victoria in Grove Road, Mile End, are pushing "accessibility for all" in a bid to strengthen their pub's community.

Joint owner Tim Foster said: "The feedback has been phenomenal but we've also had a few negative comments – that was exactly the same with our pub in Tooting."

"Once they come in they soon understand this is the future. If you want somewhere with no kids, full of smokers you won't get that."

"Those pubs are dead and if not they will be in five years. It's about building a pub for the community around it."

Yummy Pub Company took over and closed The Victoria in July this year. It has just reopened after a major renovation, which cost



Bar snacks board at the refurbished pub

THE RADAR

★ Things are hotting up on the bar and restaurant scene as venues rush to open ahead of Christmas party season.

The Diner

600 Kingsland Road, Dalston
This unchallenging Americana chain has expanded east. It's all big fat sandwiches with extra fries and hipster waiting staff.
Go to goodlifediner.com.

a "whole chunk of change". The venue, built in 1939, is now without its frosted windows. Children – including Tim's two infants – are allowed in. The more innovative aspects include a coffee section and music played on vinyl with customers encouraged to bring in their own discs.

"The key is making sure no-one is excluded," said Tim. "It's about getting an eclectic mix. You get builders coming here once they down tools, yummy mummies pop in and we're aiming for the old age pensioners and looking to bring in cinema club and drinks discounts for them."

A British tapas menu is on offer, prepared in an open-plan kitchen upstairs.

Another key initiative is to use the flat roof for allotments and chicken runs. This will see the pub produce its own vegetables and eggs for its kitchens.

"Our pub in Kent generates 80% of its own vegetables," he said. "It's more difficult here, but we should be able to get to 30-35%."

"By next spring if you look on Google Earth this will be all green from above."

Each of the group's five pubs have distinct identities with nods to their surroundings.

For The Victoria, former landlord and world boxing champ Charlie Magri has a speakeasy section downstairs named in his honour – it was formerly his gym – and there are cuttings of his big fights laid out in the bar.

Charlie himself is now a regular at the Mile End venue, just a 15 minute bus ride from Canary Wharf.

"We managed to track him down and he loves it here," said Tim. "We've been open eight days and he's been in here for six of them."

Go to thevicmileend.co.uk.

The Alchemist

6 Bevis Marks, The City
Round the back of The Gherkin, this is a micro chain that's migrated from Leeds by way of a brace in Manchester. Despite an over-reliance on dry ice, this is a slick operation aimed at oiling the wheels of the City with reasonably priced cocktails and cheapish comfort food. Expect it to draw a crowd in acres of pinstripe eschewing the gold on the menu for the base tipple of lager.
Go to thealchemist.uk.com.
Full reviews at wharf.co.uk



The revamped interior of All Bar One at The O2

ALL BAR ONE, THE O2

Chain bar gets a fresh look

All Bar One's branch at The O2 had a revamp over the summer and has been busy welcoming the likes of Monty Python and Eddie Izzard.

General manager Antony Laley said: "We have been busy transforming the look and style of the group."

"Here our look is fresher, newer and with stylish modern touches. We cater for all occasions, from breakfast through to lunch, dinner and drinks."

"People can also use our fantastic events space for up to 400 people. We pride ourselves on delivering fast, friendly service to those on show days too."

Go to allbarone.co.uk.



Antony Laley

WE SAY

This venue has a lot to offer. It doesn't pretend to be anything it isn't, but delivers what you expect: reliably good food, with friendly and quick service.

THE PEARSON ROOM

Venue launches a new set menu

★ Diners can take advantage of a new weekday set menu launched this month at The Pearson Room in Canada Square.

Including dishes such as wild mushroom risotto, braised beef cheek and Eton Mess, two courses cost £19 or three for £22.50.

Reebok Sports Club members get an extra 25% off when dining with a friend. The venue is also offering 50% off cocktails Monday to Wednesday from 5-8pm until the end of September.

Go to thepearsonroom.co.uk.

THE GUN

Docklands pub to host Bavarian beer

★ The Gun in Blackwall, which celebrated its 10th birthday as an ETM Group pub on Friday, is hosting an Okto'beer'fest from October 2-4.

Expect steins of the likes of König Pilsener, Köstritzer Dark Lager and Benedikter Weissbier, barbecue sausages and live music.

Entry is free to the event, which will take place at the pub's Gin Garden event space complete with tented roof, patio heaters and its own bar.

Go to thegundocklands.com for more information.



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INVICTUS GAMES



Britain's Derek Derenalagi prepares to throw the shot at the Invictus Games in the Lee Valley Athletics Centre



Prince William and Camilla, Duchess of Cornwall, share a laugh



Gary Prout of Great Britain stands to congratulate David Hubber of Great Britain after the Mixed Individual Recurve Open Gold Medal archery match

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France's Philippe Robert leads Britain's Derek Derenalagi during the men's 100m IT2 final



Alexander Taarnberg of Denmark tips his chair during their wheelchair basketball bronze medal match against France

Go to reuters.com/news/pictures



Michael Kacer of the US smiles as his name is announced before the sprint rowing race event during the Invictus Games



Prince Harry reacts after handing out the medals to the Great Britain team after they won the wheelchair rugby final



Kirsty Wallace of Britain holds her son James after her team won the wheelchair basketball gold medal match against the US

The Red Arrows fly past the ArcelorMittal Orbit at the opening ceremony of the Invictus Games at the Queen Elizabeth Park



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the Wharfquiz

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Community

STRATFORD

Commuters watch unprovoked attack

A MAN had his face slashed with a knife in an unprovoked attack in front of horrified members of the public at Stratford station.

Police are classing the assault, which happened at 1pm on Tuesday last week, as attempted murder and are still on the hunt for the attacker.

DC Howlett, of British Transport Police, said: "I understand this attack would have frightened those who saw it, but we need anyone who witnessed the incident to come forward."

The man responsible showed no regard for his victim or bystanders who could easily have been injured during the attack."

GREENWICH

Man tied himself up to mislead officers

A THIEF from Greenwich staged his own kidnapping in what police said was a bizarre attempt to make him look like the victim of crime.

Barry Baker, 36, of no fixed abode, was jailed on Monday for two years after he was found guilty at Woolwich Crown Court of burglary and handling stolen goods.

It came after police found him tied up in a block of flats.

9% police vacancy rate is a 'concern'

POLITICS

63 shortfall adds to stresses caused by cuts over 4 years

Rob Virtue
@wharf.co.uk

AROUND 9% of sergeant and constable positions in Tower Hamlets are unfilled, according to new data.

City and East's London Assembly Member John Biggs labelled the shortfall "deeply concerning".

The figures showed the east London borough lacked 19 sergeants and 44 constables.

Mr Biggs said the borough had already seen the loss of 234 police officers and police community support officers over the last four years.

The Labour politician said: "It is an absolute scandal police numbers have been allowed to fall this low. These vacancies are leaving a gaping hole at the heart of our local police force."

"While a small churn in the number of officers is to be expected, these are

deeply concerning figures. We need to ask why the Mayor of London Boris Johnson has allowed it to happen."

"Either the depth of officer morale is so low they are haemorrhaging officers, or these posts are being kept open to keep costs down."

Figures from Assembly Member Joanne McCartney show that across the whole Met there were 1,209 vacancies.

Tower Hamlets were one of 14 London boroughs with vacancy rates of over 6%.

In response, the Met said the figures had improved across the capital since May. It added that its training school was full.

Mr Johnson said the Met was aiming to deliver a 32,000-strong police force by 2015.

"The Metropolitan Police is actively recruiting hundreds of officers each month and we are confident of meeting this target," he added.

"The figures given by the London Assembly present a snapshot. Like any organisation of this size, there will always be staff turnover and changes in availability, deployment and priorities."

CANARY WHARF

Broker gets over 'wall' and hits Paris

A CANARY Wharf broker has raised more than £1,600 for a dementia research charity cycling from London to Paris.

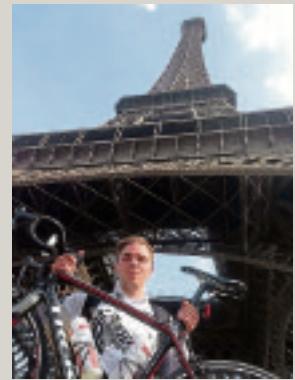
Richard Lamb, son of former England cricketer Allan Lamb, cycled more than 250 miles from Trafalgar Square to the Eiffel Tower in less than 24 hours.

The 24-year-old, who works at Canary Wharf-based Mint Partners, was raising money for Alzheimer's research charity Brace after his own grandmother was diagnosed with the illness.

Richard, who was part of an eight-man team, said it was the toughest challenge of his life but he had enjoyed every moment.

He said: "The scale of the event really started to bear down on me a few miles after we had set off.

"In the final 40 miles I was tested to breaking point as sugar levels ran low and fatigue set in, crashing into the 'wall'. One of the biggest highs was cycling down the final hill and catching the first glimpse of the Eiffel tower on the horizon."



Richard Lamb reaches Paris

Richard's famous cricketing father Allan Lamb congratulated him on his charity ride, completed earlier this month.

Allan said: "My son's achievement was fantastic, especially for a guy who only started cycling this year and who hadn't ridden over 70 miles. Riding to Paris from London in under 24 hours is not for the fainthearted so I am very proud of him."

Chief executive of Brace Mark Poarch said: "It's wonderful that Richard could support Brace. The money that he has raised will be vital in the fight against dementia."

Go to alzheimers-brace.org.

Throw yourself into delightful dockside



Last year Waterfront Festival

NEWHAM'S Waterfront Festival will bring live music, fireworks and water sports to the Royal Docks this weekend.

Home-grown talent Candy Apple Blue, 1970s UK soul sensation The Real Thing and Heart FM's DJ Roberto will play throughout the day.

Visitors can also join the Newham Sea Cadets, row a boat or give wakeboarding and paddle boarding a go.

Those who would prefer to stay on dry land can build a coral reef out of recycled materials, pan for gold, have a go on the climbing wall, take part in Zumba and salsa classes on the beach or try their hand at tying knots.

Anyone interested in history can learn more about the docks area with a walking tour by historian and writer Kathy Chater, step on board the steamship SS Robin, or check out the exhibition commemorating 100 years since the start of the First World War.

Mayor of Newham Sir Robin Wales said: "The Waterfront Festival is a fantastic opportunity for Newham residents to enjoy a range of different activities in the historic Royal Docks."

September 20, 2-8pm, free, Royal Docks, newham.com.

EAST LONDON

Boris learns the art of science teaching

LONDON mayor Boris Johnson learnt a thing or two in the classroom as he visited the East London Science School, which is taking part in a £320,000 project aiming to "put the fizz back into physics."

The Newham free school, currently based at Three Mills Studios, demonstrated how The Physics Factory delivered training and support to science teachers in east London.

The £24million scheme, which includes £20million from the Department for Education, will bring 1,300 schools across London together during the 2014/15 academic year.

Boris said: "Thousands of teachers and pupils are now benefiting from the fund we set up to drive up standards."

However, he returned to more familiar terrain when he taught a class in his favourite subject – Classics. Go to london.gov.uk to learn more about the schemes.



BRIEFLY

■ Argos stores in Newham are getting a digital makeover where tablets will replace Argos catalogues. Beckton, East Ham and Ilford were selected from more than 400 stores in the UK for the initiative.

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PISCES

FEB 20-MAR 20

For more call 0905 817 2071
You've been finding it hard to speak your mind to a close one for fear of offending them, but aspects suggest they already know everything.

ARIES

MAR 21-APR 19

For more call 0905 817 2060
Conversations at this time give you the assurance you've been in need of to know that what you have in life can be lasting. You're laying down foundations.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061
A close one has gone out of their way to please you recently, but you still seem to be putting the pressure on. Say thank you. You'll be amazed at the result.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062
Stop trying to be so brave. Accept you've been through a lot this last year. You actually need to give yourself a pat on the back and be proud Gemini.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063
There's a lot of money to be made if you can put your mind to it. Your thinking is clearer than its been in months and you start to see the way.

LEO

JULY 23-AUG 23

For more call 0905 817 2064
Try to stick to the plans you've made as certain people will have gone out of their way to see you. News of a new opening in your career is a boost.

PISCES

AUG 23-SEPT 23

For more call 0905 817 2065
Conversations today help to clear up any misunderstandings that have taken place. You also get to find out that you have support from unexpected quarters.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066
The Sun gives you the power to make the impossible possible. You begin to realise what needs to be done to improve a really important relationship.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067
Don't spend money you don't have this week or you are going to take the pleasure out of what should be a really constructive few days.

SAGITTARIUS

NOV 22-DEC 22

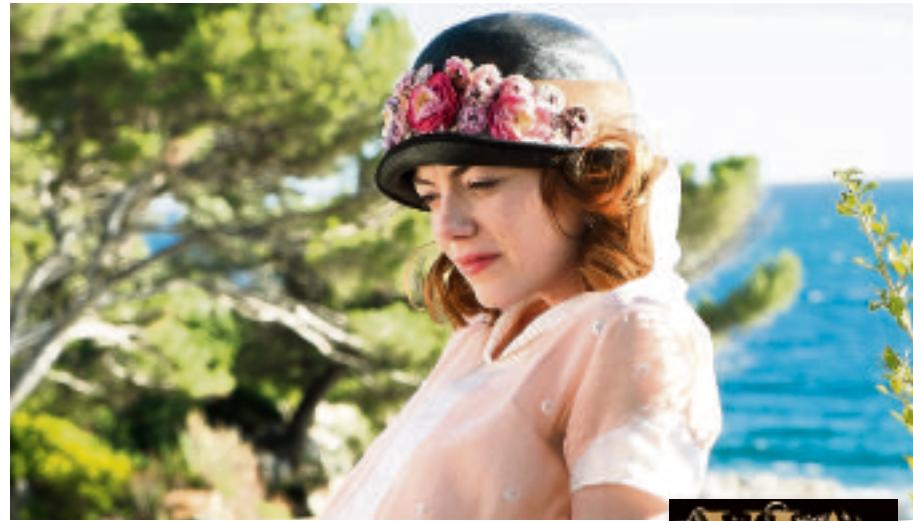
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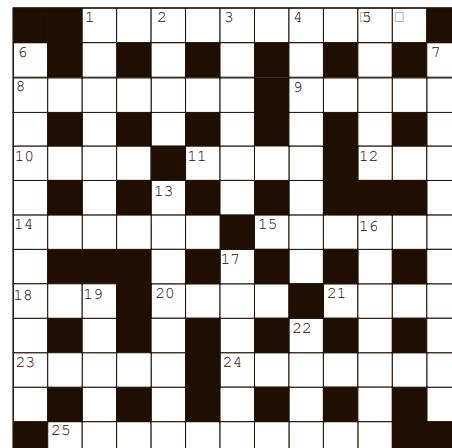
To be in with a chance of

winning, just tell us the name of the actress, pictured, who stars in Woody Allen's latest movie, *Magic In The Moonlight*.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date is September 25. Include your name and address.



Crossword



ACROSS

- Medical operation (10)
- Refined, chic (7)
- Indian monetary unit (5)
- Social insects (4)
- Girl (4)
- Affirmative (3)
- From that place (6)
- Slimming plan (6)
- Afflict (3)
- Heavy metal (4)
- Ring of light (4)
- Follow (5)
- Card game (7)
- Rank-and-file members (5,5)

DOWN

- Playhouse (7)
- Partially open (4)
- Satellite navigation, informally (3,3)
- Delphinium (8)
- Diaper (5)
- Part of a football pitch (7,4)
- Very good, informally (11)
- Surgical knives (8)
- Specs (7)
- Star sign (6)
- Defeated competitor (5)
- Unfasten (4)

Sudoku

EASY

	2		8	9	7	4	
5	8	2	4		9	6	
4	9	3	7	6		2	5
	4	6		2	3		1
3	2	7		1	4	6	
9	5	1	3	7		2	8
6	4		5	7		3	2
		6	9	2	4	1	
2	9			8	5		

HARD

2	8		1		9	
	3		4	5		8
					5	2
		5			6	2
						7
4			7		9	3
3			5			
6		9		1		
9	4	6				5

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

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TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
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THE FANS' ROAR

By Ian Toal

Poor results but there's no need to panic

Millwall Supporters Club
millwallsupportersclub.co.uk

The initial three matches following the international break were always going to be a tough test for the Lions.

We haven't had a good record at playing Ipswich away in recent years and former Millwall boss Mick McCarthy has proved a real thorn in our side.

And sadly that continued on Saturday. We started well and really should have been a couple of goals up in the first half hour with their keeper making a couple of good saves and Jermaine Easter hitting the bar. Instead we conceded just before half time.

That must have changed the expected conversations of both the managers at half time.

Instead of us coming out in the second half repeating our start to the match we were all at sea.

"We failed to keep possession and our defence looked dodgy, reflected by the 2-0 scoreline. Holloway made

changes for the trip to Reading on Tuesday, but we quickly found ourselves two down.

We battled back well to haul ourselves level with goals either side of half time from Ricardo Fuller and Mark Beevers. Despite that huge effort, we still lost 3-2 thanks to conceding a header in the 84th minute.

Defeats, yes, but some encouraging play in both games so it's not panic stations yet. We look a better team than last season. However, there are worrying signs.

Up front we are failing to convert enough chances and our strikers' lack of goals is putting too much pressure on the midfielders and defence.

At the back we are struggling to repel the opposition in the majority of games. Too often we let runners get into space and then fail to clear the lines when we get opportunities to do so.

We're also having to deal with the loss of Lee Martin who is out for at least six weeks due to ligament damage so that limits our attacking threat.

Whatever Holloway decides to do – bringing back Danny Shittu for example – we need to shore up the defence quickly.

Forest at home on Saturday will be another tough test and we need our players at their best to get anything.

Millwall v Nottingham Forest, sat, 3pm.

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

We won't pay over the odds to get a striker in

CHARLTON

Manager playing the long game when it comes to wage bill

Rob Virtue
@wharf.co.uk

Charlton manager Bob Peeters said his efforts to get a striker in on loan are being thwarted by extortionate wage demands.

The Addicks, who remain unbeaten this season after Tuesday night's 1-1 draw with Wolves, are looking to bolster their forward line after missing out on Andy Delorte in the transfer window.

However, Peeters said he would not be pressured into paying over the odds for a forward.

"We are always looking for players on loan but we're not going to get a striker in because if they're asking for ridiculous money," he said.

"Our policy at Charlton is we will not pay ridiculous money for somebody just because they play in



Charlton's Jonnie Jackson tackles Wolves' Lee Evans during Tuesday's draw

the Premier League or somewhere. If they want to come to Charlton then it must be within our limits because we may need that money in January."

Peeters also said he believed striker Igor Vetokele was not seriously injured despite being helped off the pitch at the full-time whistle on Tuesday.

"The goalkeeper stepped on his

arm," said the manager. "He had a flesh wound and his nerve was a little bit blocked so he didn't have feeling in his arm. Hopefully we'll see tomorrow if it is alright."

Peeters added he hoped Chris Solly and Johan Gudmundsson would both be fit for Saturday.

Rotherham v Charlton, Sat, 3pm

RUGBY

Millwall get off to a flyer in first game

MILLWALL Rugby Club's Shaun Edwards scored a hat-trick in his side's win at Burnham 48-5 to begin their season off with a flyer.

Captain Juan Thomas said: "It was a very good win. We were slightly rusty but we got the points."

The club is launching special training sessions for its men's second and third teams. The sessions start on Monday at 7pm at Millwall Park.

Female players are also being recruited for the women's team Venus. Email venus@millwallrugby.com. And for youth players email youth@millwallrugby.com.

WEEKEND FLUTTER

WITH THE
RACING POST

RACING

This Saturday the William Hill Ayr Gold Cup, run over six furlongs, takes centre stage. Likely favourite Watchable won a competitive handicap on Irish Champions weekend at the Curragh so is a doubt to line up. Blaine, trained by Kevin Ryan won well at York last time out and chosen to continue winning ways at a tasty each way price. Joe Pollak

FOOTBALL

It's the end of a tough week for Manchester City after a hard-fought draw at Arsenal and a trip to Bayern Munich in the Champions League. Chelsea have had it a lot easier. This is the biggest test Jose Mourinho's side have faced, but they can pass it. Ian Wilkerson

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

SPORT IN BRIEF

Sport digest

Walliams takes to the water again

SWIMMING Comedian David Walliams, currently starring in Big School, will be taking to the big pool in his latest challenge.

Walliams will join swimming stars Rebecca Adlington and Ellie Simmonds in the British Gas SwimChallenge at the London Aquatics Centre, Stratford on Saturday.



Blackheath rack up a second loss

RUGBY Blackheath fell to defeat against Rosslyn Park last weekend thanks to some immaculate keeping by the opponent's fly-half Scott Sneddon.

His try and five kicks secured a 31-25 victory. George Oram, Gavin O'Meara, Jake Bedding and Richard Windsor scored for Blackheath but it wasn't enough to stop them slipping to defeat for the second time in two games this season.

On Saturday they play their first home game against Loughborough. Kick off is at 3pm.

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Sport Wharf

WEST HAM

Valencia has shown his talent, says Downing

Rob Virtue
@wharf.co.uk

STEWART Downing praised new signing Enner Valencia after his wonder goal on Monday night.

The Ecuadorian also set up Diafra Sakho in the lead up to West Ham's equaliser in the 2-2 draw in the match against Hull City.

After the clash Downing said: "If he keeps striking them like that he'll get a few more for us. He's got a leap on him too, and it doesn't matter how big you are if you have that and you're a good header of the ball."

The Hammers will now be looking for full points against Liverpool on Saturday, particularly after the visitors to Upton Park were beaten 1-0 by Aston Villa last weekend.

"If we can cut the errors out, we've



Enner Valencia scores for West Ham

got a really good chance against Liverpool," said Downing.

"You saw what Aston Villa did on Saturday – they shut them out and Liverpool didn't really have many chances.

"That's what you've got to do because if you're sloppy against top teams they'll punish you.

"If we show the same passing and movement that we did on Monday, but cut the errors out, we can play against anyone. We need to get a result at home too."

West Ham v Liverpool, 5.30pm,

Saturday

Stadium share is a possibility

THE London Legacy Development Corporation says it is open-minded about a possible Olympic Stadium share between West Ham and Spurs.

LLDC chief executive Dennis Hone said: "If they approached us, we would certainly talk."

He said West Ham would always have priority but the LLDC would look at a commercial deal if Spurs were left homeless.

Full story at wharf.co.uk



INVICTUS TRIUMPH

Two-page picture special
on glorious games P78-79

GETTY

Kouyate is pick of the new signings, says Trev



Above: Sir Trevor Brooking
Main picture: Cheikhou Kouyate of West Ham challenges Steven Davis of Southampton

FOOTBALL West Ham legend tells **Rob Virtue** he sees reasons for optimism at Upton Park

Cheikhou Kouyate has been the standout new player for West Ham says Irons legend Sir Trevor Brooking.

It's been a mixed start to the season but the former Hammers player has seen reasons for optimism.

And the main one is the Senegalese international signed from Anderlecht this summer.

"The group of players is a better group this year," said Sir Trevor. "Kouyate is a really good player. I'm very impressed with him. He's probably the pick of the newcomers for now. He has energy, he works

hard, got good legs, can get up and down and really leads by example. He's a really strong addition to the squad.

"Hopefully he can keep up the form of the first few games. Kouyate uses the ball well and knows when to realise it. Mohamed Diamé sometimes went on and on and didn't know when to release it and, in the end, lost it, frustrating his teammates."

With regards to other new signings, Sir Trevor says he has high hopes for Alex Song, who joined from Barcelona just before the international break.

Sir Trevor said: "Song is an inter-

esting signing. He hasn't played much for Barcelona over the last couple of years so we have to get him match fit, but he's a talent.

"When he's playing, him and Kouyate will be good as long as he's the same player he was when he was at Arsenal.

"Jenkinson is fit now and he's a good attacking full-back. Aaron Cresswell gets forward well but needs to watch himself defensively. We've still got quite a few injuries but it will be a difficult choice when everyone's fit."

He said he didn't think Enner Valencia would feature too frequently

before Christmas – but he was speaking last week before Valencia announced his arrival with a wonder goal during the 2-2 draw at Hull.

With a point from their trip, the pressure remains on Hammers.

Sir Trevor said: "Liverpool will be tough but by the time we go to Manchester United all their signings will have bedded in. First six games you always want six or seven points."

West Ham have four from four. Sir Trevor was talking at the annual BGC Charity Day in Canary Wharf this week where he was raising money for Breast Cancer Care.

VIP sports stars are played out of position

Stars of the sports world were out in numbers at the BGC Charity Day at Canary Wharf last week. Former Manchester United manager Sir Alex Ferguson was a popular figure on his return to the BGC floor.

After striking numerous deals the perplexed Scot, who was raising money for Muscular Dystrophy Campaign, said: "I've absolutely no idea how these guys do this full-time."

Chelsea defenders John Terry and Gary Cahill also did the rounds on the phones.

A beaming Cahill, who was supporting Breast Cancer Care, admitted he was still "buzzing" from England's win over Switzerland, which was aided by the defender's goal-line block.

However, trading came less



John Terry, Alex Ferguson, Gary Cahill, Matthew Hoggard and Matt Dawson naturally. "I'm not sure what I'm doing," said the England vice-captain. "I've done a few deals but I have no idea what I sold."

Terry was happy doing financial deals but less keen with the ones offered by superbrain Stephen Fry who asked him how much would it

take for him to play for his beloved Norwich City.

"More than £500million," joked Terry.

Former cricketer turned OSTC FX foreign exchange expert Matthew Hoggard said his trip to the trading floor felt like a busman's holiday.

Raising money for The Stroke Association, he said: "Everybody says trading is a bit like gambling."

"I'm a very bad gambler – I always go all in – so we are going to go all in and see what happens."

Rugby player-turned TV presenter Matt Dawson, raising cash for charity Sparks, was more perplexed by the job in hand.

"I'm going straight off to do my telly work after this and I'll be more at home," he said. "They talk so fast and I've no idea what they were saying."

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